



THRIVE

Quarterly Newsletter

Fall 2017

The THRIVE Initiative is designed to empower parents from the birth of their children until their children are 18 years old. THRIVE includes four age-specific programs: *Take Root!* (0 to 3 years), *Sprout!* (3 to 5 years), *Grow!* (5 to 10 years), and *Branch Out!* (10 to 18 years). Each THRIVE program guides parents in learning and using parenting and health promotion skills that are based on science.



WHAT MAKES THE THRIVE INITIATIVE DIFFERENT?

A number of parenting programs exist to support parents in their children's positive development; however, many of these programs strongly emphasize mental health promotion with few programs including information on children's physical health. Parents play a significant role in influencing their child's physical health-related behaviors. The THRIVE Initiative was designed to integrate health promotion information and recommendations, and general parenting content.



In addition to general parenting practices, such as discipline, limit-setting, and praise and encouragement, the THRIVE Initiative incorporates evidence-informed strategies for promoting healthy behaviors at home. Some of these behaviors include the following:

- Reducing screen time
- Increasing physical activity
- Increasing fruit and vegetable intake
- Reducing sweetened beverages

For an example of the health promotion content we include in the THRIVE Initiative, the last page of this newsletter provides a short overview of reducing children's screen time.

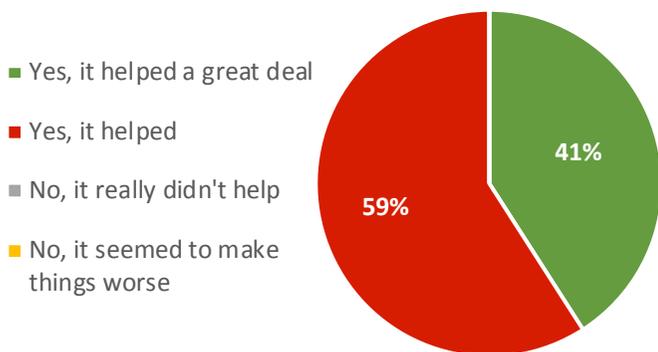
GROW! PROGRAM UPDATES

GROW! ONLINE

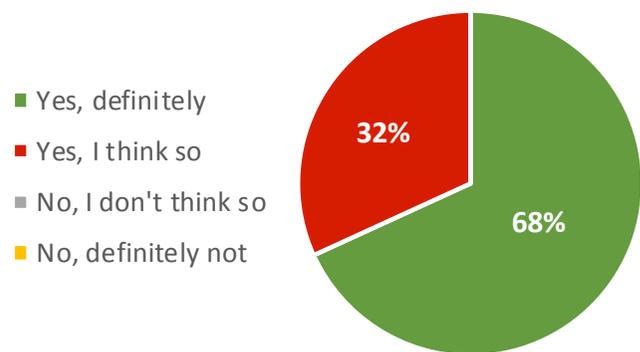
Grow! Online is designed to help parents of 5- to 10-year-olds learn positive parenting techniques, stress management strategies, and health promotion skills. The program includes eight interactive online sessions that take approximately 30 minutes each to complete.

In the last newsletter, we described some findings from the evaluation of Grow! face-to-face. We also recently completed an evaluation of Grow! Online. We are making improvements to the program based on feedback from participants, and we expect the revised program to be available in early 2018! Here are a few results from 22 parents who completed the program.

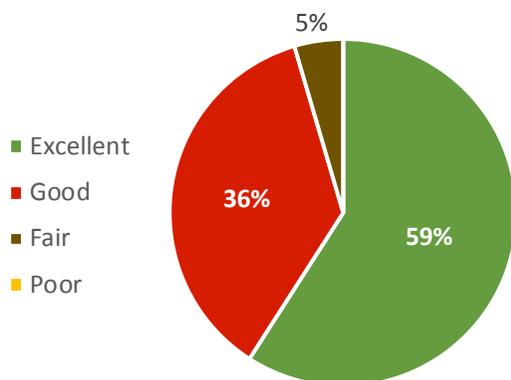
Has the information you received helped you to deal more effectively with challenging parenting situations?



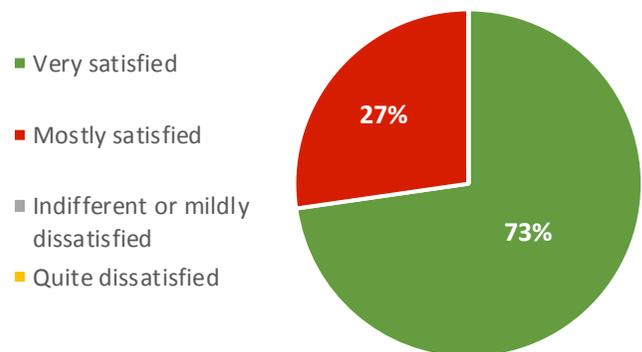
If a friend were in need of similar information, would you recommend Grow! Online?



How would you rate the quality of Grow! Online?



Overall, how satisfied are with Grow! Online?



If you are a parent of a 5- to 10-year-old child and are interested in participating in the Grow! face-to-face or online programs, please contact us at THRIVE@psu.edu or 1-877-382-9185.

THRIVE PROGRAMS IN DEVELOPMENT!



AVAILABLE
IN EARLY
2018 AS AN
ONLINE
PROGRAM!

For parents of children ages 0 to 3 years

Having a baby is exciting, but parenting an infant can be confusing and stressful. The *Take Root!* parenting program will serve to support parents from pregnancy through the first 3 years of their child's life. The program is being developed in three parts: *Take Root!* 0 to 6 months, *Take Root!* 6 to 12 months, and *Take Root!* 1 to 3 years.



COMING
SOON!

For parents of children ages 3 to 5 years

Sprout! specifically targets the unique context of parenting children between the ages of 3 and 5. This developmental period comes with many parenting joys and challenges. *Sprout!* is designed to support parents as they foster their preschooler's development and resiliency.



COMING
SOON!

For parents of children ages 10 to 18 years

During adolescence, youth need their parents more than ever. With so many changes and transitions happening during adolescence, this phase of life is a time of excitement and anxiety—for youth and their parents. *Branch Out!* is designed to support mothers and fathers in their parenting roles as they nurture their child during the transition from childhood to adulthood.

HOW TO MANAGE CHILDREN'S SCREEN TIME

With the rapid growth of technology, parents may find it challenging to manage or limit their children's screen time. Too much screen time is linked to behavioral problems, obesity, irregular sleep, impaired academic functioning, aggression, and less time for structured play. Here are a few tips on how to manage and put limits on screen time.



- **Keep Track.** Make a daily log of the amount of time your child spends on screens and the types of content he or she is viewing. The quality of the content is just as important as the amount of time spent using screens.
- **Set Limits.** Develop a plan with your family to limit screen time, and discuss the reasons why it is important to set limits. [The American Academy of Pediatrics \(AAP\) has created a resource you can use to develop a Family Media Plan.](#)
- **Be a Role Model.** Try to limit the amount of recreational time you spend on your devices.
- **Create Screen-Free Zones.** Consider designating certain times of the day as screen-free, such as during dinner, a few hours before bedtime, or during family time.

READ OUR MOST RECENT PARENTING BLOGS!

September

- Toy Safety and Other Tips on Protecting Your Child in Your Home
- How Parents Can Keep in Touch with Their Children While Traveling for Work

October

- How to Talk to Children About Cancer
- Talking to Children About Peer Pressure

Blog posts can be found at www.THRIVE.psu.edu/for-parents/blogs

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FOR MORE INFORMATION:
Email: THRIVE@psu.edu
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